

Yoko's Rice Pudding

What a way to start the day!



Level: Easy

Makes: 6, 1/2 cup each

Kids' Tool Kit

Saucepan
Spoon
Measuring spoons
Measuring cups



Ingredients:

3 cups cooked enriched white rice or brown rice (not instant)
3 cups low fat milk
1/3 cup sugar
1 1/2 teaspoons cinnamon
1 teaspoon vanilla

Chef's Choice

Yoko's Rice Pudding
Fruit cocktail
Low fat milk



Directions:

Remember to wash your hands!

1. Put cooked rice, milk, sugar and cinnamon in a saucepan.
2. Place saucepan over medium heat and bring to a simmer. Lower heat and simmer, uncovered, until thickened (about 25 to 30 minutes), stirring often.
3. Remove saucepan from heat. Stir in vanilla.
4. Pour pudding into serving dish. Serve hot or cold.



Helpful Hints: For variety, try adding 1/2 cup raisins before cooking pudding. Let kids try the rice pudding warm, or refrigerate the leftover pudding and eat it cold for a snack. Rice is a great source of energy for kids, and the price is right!



Safety Tips: Refrigerate leftover rice pudding within 2 hours of cooking. Divide rice into shallow containers no more than 2 inches deep and refrigerate. This is important so the rice cools quickly, limiting bacterial growth.

Nutrition Facts

Serving Size 1/2 cup (227g)
Servings Per Container 6

Amount Per Serving

Calories 220 Calories from Fat 15

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 1g 4%

Cholesterol 5mg 2%

Sodium 60mg 3%

Total Carbohydrate 44g 15%

Dietary Fiber less than 1 gram 2%

Sugars 12g

Protein 6g

Vitamin A 4% • Vitamin C 0%

Calcium 15% • Iron 10%

*Percent Daily Values are based on a 2,000

calorie diet. Your daily values may be higher or

lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Source: Book in a Bag, Family Nutrition Program, K-State Research and Extension, Manhattan, KS. For additional books, lessons and recipes, visit <http://www.humec.ksu.edu/fnp/bib.html>. Suggested book for this cooking activity: *Yoko* by Rosemary Wells.

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

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